

Fats and Oils

	Balance	Volumetric	
Fish oil, salmon	263	0.4	very good effect
Fish oil, menhaden	200	0.4	good effect
Fish oil, sardine	166	0.4	OK effect
Fish oil, cod liver	140	0.4	not very good effect
Fish oil, herring	86	0.4	bad effect
Oil, flaxseed	46	0.4	awful effect
Oil, industrial, soy, fully hydrogenated	0	0.4	Avg. = -20.7
Oil, industrial, palm kernel (hydrogenated), confection fat	0	0.4	
Butter replacement, without fat, powder	0	0.9	
Salad dressing, ranch dressing, fat-free	0	2.8	
Salad dressing, french dressing, fat-free	0	2.5	
Shortening frying (heavy duty), soybean (hydrogenated),	0	0.4	
Salad Dressing, mayonnaise-like, fat-free	0	4.0	
Salad dressing, blue or roquefort cheese dressing, fat-free	0	2.9	
Shortening, confectionery, fractionated palm	-1	0.4	
Oil, industrial, palm kernel, confection fat, uses similar to	-1	0.4	
Salad dressing, mayonnaise, imitation, milk cream	-1	3.4	
Shortening confectionery, coconut (hydrogenated) and or	-1	0.4	
Oil, industrial, coconut, confection fat, typical basis for ice	-2	0.4	
Oil, babassu	-2	0.4	
Vegetable oil, palm kernel	-2	0.4	
Oil, industrial, coconut, principal uses candy coatings, oil	-2	0.4	
Oil, coconut	-2	0.4	
Fat, beef tallow	-3	0.4	
Salad dressing, italian dressing, fat-free	-3	7.1	
Oil, cocoa butter	-3	0.4	
Oil, ucuhuba butter	-3	0.4	
Salad dressing, thousand island dressing, fat-free	-3	2.5	
Fat, mutton tallow	-4	0.4	
Oil, industrial, palm and palm kernel, filling fat (non-hydr	-4	0.4	
Oil, sunflower, high oleic (70% and over)	-4	0.4	
Oil, cupu assu	-4	0.4	
Oil, sheanut	-5	0.4	
Salad dressing, thousand island dressing, reduced fat	-6	1.7	
Salad dressing, honey mustard dressing, reduced calorie	-6	1.6	
Oil, industrial, soy (partially hydrogenated), palm, princip	-7	0.4	
Margarine-like, vegetable oil spread, fat-free, tub	-8	7.6	
Salad dressing, blue or roquefort cheese dressing, reduce	-8	3.9	
Shortening frying (heavy duty), palm (hydrogenated)	-8	0.4	
Shortening frying (heavy duty), beef tallow and cottonseed	-9	0.4	
Salad dressing, french dressing, reduced fat	-9	1.5	
Oil, industrial, soy (partially hydrogenated), all purpose	-9	0.4	
Margarine-like shortening, industrial, soy (partially hydro	-10	0.5	
Shortening, household, lard and vegetable oil	-10	0.4	
Oil, palm	-10	0.4	
Oil, olive, salad or cooking	-10	0.4	
Lard	-10	0.4	
Animal fat, bacon grease	-10	0.4	
Creamy dressing, made with sour cream and/or buttermi	-10	3.1	
Fat, goose	-10	0.4	
Oil, mustard	-11	0.4	
Oil, industrial, soy (partially hydrogenated) and cottonse	-11	0.4	
Margarine, industrial, non-dairy, cottonseed, soy oil (part	-11	0.5	
Oil, canola	-11	0.4	

Oil, hazelnut	-11	0.4
Salad dressing, french dressing, reduced fat, without salt	-12	1.4
Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread	-12	0.5
Salad dressing, russian dressing, low calorie	-12	2.4
Salad dressing, home recipe, cooked	-12	2.1
Shortening industrial, soybean (hydrogenated) and cottonseed	-12	0.4
Oil, industrial, canola, high oleic	-12	0.4
Fat, duck	-12	0.4
Oil, industrial, canola (partially hydrogenated) oil for deep frying	-12	0.4
Oil, industrial, canola for salads, woks and light frying	-13	0.4
Salad dressing, italian dressing, reduced fat, without salt	-13	4.4
Margarine-like spread, SMART BALANCE Omega Plus Spread	-13	0.6
Salad dressing, italian dressing, reduced fat	-13	4.4
Oil, industrial, canola with antifoaming agent, principal use in food	-13	0.4
Oil, avocado	-13	0.4
Oil, vegetable, Natreon canola, high stability, non trans, high oleic	-13	0.4
Shortening cake mix, soybean (hydrogenated) and cottonseed	-14	0.4
Oil, safflower, salad or cooking, high oleic (primary safflower)	-14	0.4
Shortening, multipurpose, soybean (hydrogenated) and palm	-15	0.4
Salad dressing, caesar, low calorie	-15	3.0
Salad dressing, buttermilk, lite	-16	1.6
Salad dressing, ranch dressing, reduced fat	-16	1.7
Salad Dressing, mayonnaise, light, SMART BALANCE, Omega	-16	1.0
Creamy dressing, made with sour cream and/or buttermilk	-18	2.4
Margarine-like spread with yogurt, 70% fat, stick, with salt	-18	0.5
Margarine-like spread, SMART BALANCE Regular Buttery Spread	-18	0.6
Salad dressing, blue or roquefort cheese, low calorie	-18	3.4
Shortening industrial, lard and vegetable oil	-19	0.4
Salad Dressing, coleslaw dressing, reduced fat	-20	1.0
Oil, almond	-20	0.4
Oil, corn and canola	-20	0.4
Margarine-like spread, SMART BALANCE Light Buttery Spread	-21	1.0
Margarine-like spread, BENECOL Light Spread	-21	0.9
Fat, chicken	-21	0.4
Vegetable oil-butter spread, reduced calorie	-22	0.7
Margarine-like, vegetable oil-butter spread, reduced calorie	-22	0.7
Margarine-like, butter-margarine blend, 80% fat, stick, with salt	-22	0.5
Margarine-like, vegetable oil spread, 60% fat, stick, with salt	-23	0.6
Margarine-like, vegetable oil spread, 60% fat, stick, with salt	-23	0.6
Margarine, regular, 80% fat, composite, tub, without salt	-23	0.5
Margarine, regular, 80% fat, composite, tub, with salt	-23	0.5
Margarine, regular, 80% fat, composite, tub, with salt, with salt	-23	0.5
Margarine, industrial, soy and partially hydrogenated soy	-24	0.5
Margarine, margarine-type vegetable oil spread, 70% fat	-24	0.5
Oil, teaseed	-24	0.4
Fat, turkey	-24	0.4
Margarine, regular, hard, soybean (hydrogenated)	-25	0.5
Margarine-like, vegetable oil spread, unspecified oils, approximately 37%	-26	1.0
Margarine-like, vegetable oil spread, approximately 37% fat	-26	1.0
Shortening, household, soybean (partially hydrogenated)	-26	0.4
Margarine-like, margarine-butter blend, soybean oil and butter	-26	0.5
Shortening household soybean (hydrogenated) and palm	-27	0.4
Margarine, 80% fat, stick, includes regular and hydrogenated	-27	0.5
Margarine, regular, 80% fat, composite, stick, with salt, with salt	-27	0.5
Shortening, vegetable, household, composite	-28	0.4

Margarine, regular, 80% fat, composite, stick, with salt	-28	0.5
Margarine, regular, 80% fat, composite, stick, without salt	-28	0.5
Margarine, regular, 80% fat, composite, stick, without salt	-28	0.5
Salad dressing, french dressing, reduced calorie	-29	1.7
Margarine, margarine-like vegetable oil spread, 67-70% fat	-29	0.5
Salad dressing, mayonnaise and mayonnaise-type, low calorie	-31	1.3
Margarine-like, vegetable oil-butter spread, tub, with salt	-32	0.9
Salad dressing, mayonnaise, imitation, soybean	-32	1.4
Salad dressing, russian dressing	-32	0.9
Mayonnaise, low sodium, low calorie or diet	-32	1.4
Oil, industrial, mid-oleic, sunflower	-33	0.4
Oil, apricot kernel	-33	0.4
Margarine-like, vegetable oil spread, stick or tub, sweetener	-34	0.6
Salad dressing, french dressing, commercial, regular, with salt	-34	0.7
Salad dressing, french dressing, commercial, regular	-34	0.7
Salad dressing, italian dressing, commercial, regular, with salt	-35	1.1
Salad dressing, italian dressing, commercial, regular	-35	1.1
Shortening, special purpose for baking, soybean (hydrogenated)	-35	0.4
Oil, industrial, soy (partially hydrogenated), principal use	-35	0.4
Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat	-35	0.6
Shortening, industrial, soy (partially hydrogenated) and	-36	0.4
Salad dressing, mayonnaise type, regular, with salt	-36	0.9
Salad dressing, coleslaw	-36	0.9
Salad dressing, Mayonnaise dressing, diet, no cholesterol	-36	0.9
Oil, rice bran	-36	0.4
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle	-36	0.6
Oil, peanut, salad or cooking	-36	0.4
Oil, corn, peanut, and olive	-36	0.4
Salad dressing, thousand island, commercial, regular	-37	0.9
Oil, soybean, salad or cooking, (partially hydrogenated)	-37	0.4
Shortening, industrial, soy (partially hydrogenated), pour	-37	0.4
Shortening bread, soybean (hydrogenated) and cottonseed	-37	0.4
Oil, industrial, soy (partially hydrogenated), multiuse for	-37	0.4
Margarine Spread, approximately 48% fat, tub	-37	0.8
Shortening, special purpose for cakes and frostings, soybean	-38	0.4
Creamy dressing, made with sour cream and/or buttermilk	-38	2.1
Salad dressing, mayonnaise, imitation, soybean without oil	-38	0.7
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle	-39	0.6
Mayonnaise, made with tofu	-39	1.0
Oil, sunflower, linoleic, (partially hydrogenated)	-39	0.4
Margarine-like, vegetable oil spread, 60% fat, tub, with salt	-39	0.6
Margarine-like, vegetable oil spread, 60% fat, tub, with salt	-39	0.6
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle	-39	0.6
Margarine-like spread with yogurt, approximately 40% fat	-40	1.0
Margarine-like, vegetable oil spread, fat free, liquid, with	-40	7.7
Salad dressing, green goddess, regular	-41	0.8
Sandwich spread, with chopped pickle, regular, unspecified	-42	0.9
Oil, oat	-42	0.4
Oil, cooking and salad, ENOVA, 80% diglycerides	-44	0.4
Salad dressing, mayonnaise, light	-44	1.0
Margarine-like, vegetable oil spread, 20% fat, with salt	-44	1.9
Margarine-like, vegetable oil spread, 20% fat, without salt	-44	1.9
Salad dressing, italian dressing, reduced calorie	-44	1.7
Salad dressing, blue or roquefort cheese dressing, commercial	-44	0.7
Oil, sunflower, linoleic (less than 60%)	-45	0.4

Salad dressing, peppercorn dressing, commercial, regular	-45	0.6
Mayonnaise, reduced-calorie or diet, cholesterol-free	-46	1.0
Salad dressing, bacon and tomato	-46	1.0
Salad dressing, ranch dressing, commercial, regular	-46	0.7
Salad dressing, mayonnaise, soybean oil, without salt	-46	0.5
Salad dressing, mayonnaise, soybean oil, with salt	-46	0.5
Oil, soybean lecithin	-46	0.4
Salad dressing, caesar dressing, regular	-46	0.6
Oil, sesame, salad or cooking	-46	0.4
Salad dressing, french, home recipe	-47	0.5
Salad dressing, home recipe, vinegar and oil	-47	0.7
Salad dressing, sesame seed dressing, regular	-48	0.8
Oil, walnut	-48	0.4
Oil, soybean, salad or cooking, (partially hydrogenated) a	-48	0.4
USDA Commodity Food, oil, vegetable, soybean, refined	-49	0.4
Oil, soybean, salad or cooking	-50	0.4
Oil, industrial, soy, refined, for woks and light frying	-50	0.4
Mayonnaise dressing, no cholesterol	-52	0.5
Oil, wheat germ	-54	0.4
Oil, tomatoseed	-55	0.4
Oil, industrial, soy, ultra low linolenic	-56	0.4
USDA Commodity Food, oil, vegetable, low saturated fat	-57	0.4
Salad dressing, french, cottonseed, oil, home recipe	-57	0.5
Oil, cottonseed, salad or cooking	-59	0.4
Oil, corn, industrial and retail, all purpose salad or cookin	-59	0.4
Salad dressing, mayonnaise, soybean and safflower oil, w	-68	0.5
Oil, poppyseed	-71	0.4
Oil, sunflower, linoleic, (approx. 65%)	-74	0.4
Oil, grapeseed	-79	0.4
Oil, safflower, salad or cooking, linoleic, (over 70%)	-84	0.4

Balance Volumetric

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect